suggested use Consume one capsule daily or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with one of Andrew Lessman's multivitamin-mineral formulas. For answers to questions about the use of this product, call 800.808.7311.



## TURMERIC 200 GINGER ROOT 200



240 Easy-to-Swallow Capsules

Andrew Lessman's TURMERIC 200 GINGER ROOT 200 combines extracts of two related plants that offer natural soothing relief for our joints and digestive system. **Turmeric** is a centuries old traditional medicine that is also the popular spice in Indian curry. Experts now recognize the science behind **Turmeric**'s soothing role in joint and digestive health; however, scientists also concede that delivering Turmeric's benefits in a health supplement is very difficult. As a spice, flavor is all we seek, but in a supplement, we must ensure the delivery of Turmeric's protective compounds – Curcuminoids. We accomplish this by complexing our Turmeric with PC (Phosphatidylcholine) – the most important phospholipid in our liver and brain. This unique complex protects the Curcuminoids from digestive damage and excretion while enhancing their availability. Like Turmeric, Ginger Root has also been used for centuries throughout Asia as a traditional medicine and popular spice. Ginger was among the first spices brought to the New World and has long been recommended for its natural soothing relief for overworked joints or an upset stomach. Unlike typical Ginger products that are simply spice in a bottle, our Ginger

is extracted from the root and standardized to provide high levels of **Gingerols**. In short, whether it's your joints or digestive system you seek to sooth, our **Turmeric** and **Ginger Root** extracts offer unparalleled natural relief.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

**CONTAINS NO ADDITIVES OF ANY KIND.** 

	Serving Size 1 Capsule Servings Per Container 240	
Amount Per Serving		%DV*
Vitamin C (as ascorbyl palmitate/calcium ascorbate)	30 mg	50%
Ginger, extract/powder (root) standardized to 5% gingerols/1.5% volatile oil	200 mg	†
Curcumin Phospholipid Complex (Turmeric, 95% extract (root) and phospholipids)	200 mg	†
Total Curcuminoids	75 mg	†
Total Phospholipids	35 mg	†
* %DV are based on a 2,000 calorie diet. † DV not e	stablished.	

Other Ingredients: Gelatin capsule.